

January 28th, 2020

## Brendan Hyland

hylandb@issaquah.wednet.edu

## McKenzie Wincewicz

wincewiczm@issaquah.wednet.edu

## Savannah Gunning

gunnings@issaquah.wednet.edu

## Tom Elliott

ElliottT@issaquah.wednet.edu

## Cam Elisara

ElisaraC@issaquah.wednet.edu



**Our mission: Promoting health awareness, a sense of community, and a lifelong appreciation for fitness**

### Student & Teacher

#### Communication

Please help us to help your student become more responsible for their own learning by following the communication protocol below if questions arise (Grades, PE makeups, etc.)

**1st step:** *Teacher and student face to face conversation*

**2nd step:** *Student to teacher email correspondence (if needed)*

**3rd step**—*Parent/Teacher communication (if still unresolved)*

### SKYWARD & YOUR GRADE

When checking your PE grade, do so from a desktop. Your phone app will not show your grade accurately as it does not take into account the grade adjustment for PE makeups. Grade adjustments will show up in the **Quarter grade** we are currently in. Therefore, semester grades will not reflect the true grade until after finals have been imputed

### PE MAKE UPS

- Students are permitted to make up any **excused** absences.
- **Make up days** will be offered during Flex-Time. (any PE student can sign up for any PE flex time)
- Make ups **must be completed** by the end of each quarter.
- Three make ups may be made up off campus. See form on PE website for more info.
- Absences not made up will result in **5% off the total grade / absence** (under grade adjusted on skyward)
- **Runs**— any run over 1.25 must made up with that distance— regular PE makeup/ outside PE makeups will not count

### PE UNIFORMS

- PE uniforms are required daily.
- Students not dressed in PE uniform will be given a non suit for the day.
- Uniforms are available for purchase. \$8 cotton T-shirts or \$10 Performance Shirts
- Tennis/Athletic shoes are **required**.
- Sweats or shorts required



### GRADING

- Students in Physical Education classes are graded on a rubric system.
- A student's grade will be affected if he/she is not in attendance, does not change into workout clothes, and/or chooses not to participate in class.
- Other factors that will affect a student's grade are: attitude, leadership, tardies, not following class rules and incomplete assignments.
- Absences will be marked **"no count"** "and missing as to not penalize you twice. You are responsible for the makeup even though it says **"no count"**".

## CELL PHONES

- Cell phones are not allowed in the gym or weight room unless written on the board.
- Points will be deducted if seen



## MEDICAL NOTES

- Medical notes from home are allowed for **two** days. If the injury or illness is **more than two** days a doctor's note is **required**.
- The "medical excusal form" on our websites is the **only** form that we will accept from medical professionals
- Any days of participation missed will be required to be made up. as well.

## ACADEMIC INTEGRITY

- Students found not upholding academic integrity will be held accountable at teacher discretion.
- **1st offense:** 0 pts, can be made up at teacher discretion
- **Repeated offenses:** 0 pts and 5% off total grade

## SPARTAN 5K

- Part of the final is completing a 5k to be held **TBD**
- If the student has to miss this date due to illness, absence etc, he/she will be expected to complete the make up
- This is part of the final. Grades will be based upon individualized student goal setting.
- Every PE class completes the same amount of cardio

## FLEX TIME FOR PE

- Any PE student can sign up for any PE flex time
- Read the descriptions (this will tell you where to meet and if the session is for a makeup or not)
- Make sure to sign in !
- If you are requested, you must show up (unless you are absent)
- If the session you want to join is not listed, that means it's full...please do not just show up
- Come to your flex time session athletically dressed

I have read and understand the **Physical Education** guidelines. Return by **Thursday, February 6th**

Student Name (printed)\_\_\_\_\_

Student Signature\_\_\_\_\_

Parent Signature\_\_\_\_\_

Date \_\_\_\_\_

PE Teacher\_\_\_\_\_ Class Period\_\_\_\_\_